

## ABSTRACT OF THE DISCLOSURE

A synchronizing mechanism for office chairs comprises a base carrier, a backrest carrier, and a seat carrier, which are coupled to one another via corresponding joints. A spring arrangement to actuate the synchronizing  
5 mechanism consists essentially of helical compression springs disposed parallel to the longitudinal seat direction flat underneath the seat carrier, wherein for each helical compression spring a counter-bearing extension arm is provided, a front end of which is articulated to the base carrier and a rear-facing end of which, freely projecting, forms a counter bearing for a  
10 rear support of the helical compression spring, and wherein the at least one helical compression spring is supported in each case with its front end on a counter bearing formed on the seat carrier.